



# Monroe Information Meeting



September 2006

## Garrison Commander

➤ Welcome.

## AAFES (722-0794)

- Fort Monroe Post Exchange:
  - Star Card Promotions:
    - Major appliances: No interest no payments for 3 months for appliance purchases made between 1-21 September.
    - Baby Sale: No interest and no payments for 9 months for purchases between 7-15 September.
    - Still Serving: No interest, no payments for 3 months for purchases between 29 Sep. – 1 Oct.
    - Furniture/Electronics: No interest, no payments for 6 month for \$299 minimum purchase of furniture, mattresses or electronics.

➤ Still Serving Weekend: Managers specials run the weekend of 29 Sep through 1 Oct for Still Serving Weekend to honor our military retirees. Flyer enclosed in handouts with featured specials.

- Pepsi 2-liter sodas on sale through September for \$.99
- Select Gatorade 32 oz flavors on sale \$.99

- Special events at Ft. Eustis PX:
  - 15-16 Sep - Estee Lauder Spa
  - 16 Sep - Retiree Appreciation Day, special discounts
  - 20 Sep - Hispanic Cultural Exhibit
  - 23 Sep - Hoover Vacuum Demonstration
  - 29 Sep - Hispanic Heritage Food Tasting and Latin Dance (12N - 1pm)
  - 30 Sep - Toy Land Grand Opening

- Special events at Langley AFB BX:
  - 13-17 Sep - BH Multi Jewelry Sale
  - 29 Sep - 12 Oct - Sony Road Show
  - 6 Oct - Coach purse cleaning clinic - 15% off Coach purchase and enter to win a give away.
  - 6-7 Oct - Clinique Spa - 10% off any treatment purchase on spa days.

➤ Take Off Pounds Sensibly (TOPS) Chapter #VA718, Fort Monroe: Meets every Wednesday, @ 12:00 Noon, Rm 262, Building 82, 60 Ingalls Road. Weigh in at 11:45 am. Flyer provided.



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## American Red Cross (788-2359)

- Fort Monroe hosted Red Cross Blood Drive will be held at the Community Activities Center on 13 Sep, from 9am to 3pm. New exciting promotional programs are being implemented to promote the Summer blood drives. For more information call X-2359. Flyer provided.

## Chaplain (788-4672)

- Sunday Worship Services (Chapel of the Centurion)
  - Episcopal - 7:45 am
  - Protestant - 9:30 am and 11:00 am
  - Sunday School (Chapel Center) - 9:30 am
- Summer Schedule - No Tuesday or Wednesday activities after 14 Jun until dates shown below.
  - Chapel Center Wednesday Night Activities resume 13 Sep
    - Family Night Suppers - 1700
    - Bible Study - 1800
    - Choir Practice - 1900
- Protestant Women of the Chapel meet every Tuesday at 0930 at the Chapel Center.
  - Currently studying "Battlefield of the Mind" by Joyce Meyer.
  - September Study Guide on flyer provided.

## Craven Army Health Clinic (314-8045)

- Craven Army Health Clinic Hours of Operation
  - Mon - Fri, 0730-1630 except Thurs, 0730-1500, closed during lunch 1200-1300 daily
  - Allergy/Immunizations Clinic: Tues and Fri, 0730-1100 and 1300-1600
  - Optometry Clinic: Closed until further notice.
- Patient Representative, can be contacted at (757) 314-8044 with any concerns, issues, complaints, compliments or to receive TRICARE information.



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## Craven Army Health Clinic (314-8045) (cont'd)

- Emergency Services are not available at Craven Army Health Clinic. Dial 911 (MP Desk will answer) for true emergencies or proceed to the nearest Emergency Room, Sentara, Riverside, or Mary Immaculate.
- For non-emergency care after hours - McDonald Army Community Hospital at Fort Eustis and the 1st Medical Group at Langley AFB have Urgent Care Clinics open seven days a week from 0700-2200 hours.

- Physical Exams (Active Duty Only):
  - Call 314-8023/24 for an appointment (Part I or Part II Exam)
  - Part I Exams are conducted on Tues each week
  - Part II Exams are conducted on Mon, Tues, Wed and Fri @ 1100
  - School and sports physicals for family members will be performed on a space-a basis
- Retirement Physicals are provided by the VA for all soldiers planning on filing any type of VA disability claim and not go through the physical exam process here at Craven. Contact Maurice Thompson, Military Services Coordinator at (757) 858-6150, ext. 122 to start the process.

## DENTAC

- The Dental Clinic has walk-in hours from 7:30 am to 9:00 am each morning (M-F) for sick call and exams.

## Directorate of Morale, Welfare and Recreation (788-3737)

- 15 Sep - Fridays at the Fort – Returns to its normal time, 6 - 10 pm every Friday night at the Bay Breeze Community Center. Doors open at 5 pm. Bring your friends and family for some karaoke fun by DJ LF Edwards. Free and open to the public. Call 788-2406 for more info. Flyer provided.

- 17 Sep - Sunday Brunches: Every Sunday at the Bay Breeze Community Center from 11 am - 2 pm. \$10.95 per person, children ages 5 - 12 are \$5.95, children 4 and under are free. Throughout the champagne brunch, Roberto, The King of Hampton Roads Romantic Crooners will perform live. Reservations requested. Call 788-2406 for more info. Flyer provided.

- 19 Sep - Waiting Spouses Gathering: Meets the 2<sup>nd</sup> Tuesday of each month from 7 – 8 pm at the Soldier and Family Support Center. The Waiting Spouse Group is for all military family members whose sponsors are on extended TDY, unaccompanied, hardship tour or deployed. Call 788-3878 for more info. Flyer provided.



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## Directorate of Morale, Welfare and Recreation (788-3737) (cont'd)

➤ 6 - 7 Oct, Fall Faire at the Fort at Walker Airfield: Oct 6, 5 - 9 pm, Live German music, German beer and food. Oct 7, 9 am - 3 pmm, Flea Market, Volksmarch and craft show, music and food. \$15 fee for Flea Market (788-4305 for registration). Call 788-2850 for general information. Flyer provided.

➤ 20 Oct - 9<sup>th</sup> Annual Fall MWR Golf Classic: 9 am at the Pines Golf Course at Fort Eustis. Entry fee is \$45 per person, \$30 for Pines Members. Registration deadline is COB Monday, October 16. Call 788-2783 for more info. Flyer provided.

➤ 7 Nov - U.S. Army Soldier Show: 7:30 pm at the Hampton University Convocation Center. Come enjoy this live theatrical entertainment performed by soldiers form around the world. Free and open to the public. For information or tickets, call 788-3151. Flyer provided.

➤ 19 Nov - Holiday Blizzard Bazaar: 10 am - 3 pm at the Bay Breeze Community Center. Don't miss this great opportunity to do your holiday shopping in "one-stop": silver jewelry, baskets, wreaths, furniture and many, many more to choose from! A Blizzard of opportunities. Call 788-3151 for more info. Flyer provided.

## Directorate of Public Works (788-5372)

➤ Storm Sewer Repairs: Final repairs of street and sidewalk in front of Bldg 138 is underway. The new outfall through the seawall has been installed and work is proceeding up Ingalls Extension to the intersection of Fenwick Rd. Work will continue in the area of the Fenwick Ingalls intersection.

➤ Tropical Storm Ernesto repairs are in progress; drying of buildings is at or near completion. Roofs and other exterior damage will be fixed and then interior work will be accomplished. Supplemental funds are required for most of this work.

➤ A special Tropical Storm Housing Newsletter went out last week with useful information for recovering from Ernesto and planning for future storms and is included in your packet. The regularly scheduled September Newsletter is also in your packet.

➤ Project Pride: We encourage everyone to assist in keeping up the beautiful appearance of Fort Monroe. Please help by regularly picking up trash around your quarters and buildings. Also, please take the time to do seasonal maintenance around your quarters and buildings.



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## Equal Employment Opportunity Office (788-3500)

- EEO Senior Leadership Training for Executives and Supervisors
  - Garrison EEO Office will conduct EEO Senior Leadership Training for executives and supervisors from 12-14 Sep at the Bay Breeze Community Center.
  - Morning, 0830 - 1130, and afternoon, 1300 - 1600, sessions will be provided each day.
  - Training objectives include information on EEO policy, procedures, guidance and definition of supervisory roles and responsibilities. Target audience is leadership with supervisory responsibilities. New and seasoned supervisors will expand their awareness of the EEO program and foster relationships to sustain a successful and proactive EEO program.

## Fort Monroe Spouses and Civilians Club

- Fort Monroe Spouses and Civilians Club Newsletter provided.
  - Introduction of Board of Directors
  - Schedule of Fund Raisers
  - Membership Application

## Hispanic Heritage Celebration (788-5452)

- Cadet Command/Accession Command hosted Hispanic Heritage Celebration. Flyer provided
  - 4 Oct, 1130 at the Bay Breeze Community Center
  - Luis Rivera, Guest Speaker
  - Entertainment and Hispanic delicacies

## McDonald Army Health Center (MCAHC) (314-7844)

- MCAHC and Satellite Clinic Enrollment Availability. Flyer provided
  - Satellite Clinic Summary.
- TRICARE and College Students. Flyer provided.
  - Eligibility
  - Benefits
  - Clinic Availability



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## Saint Mary's Star of the Sea (722-9855)

➤ Saint Mary's Star of the Sea Catholic Church is located at 7 Frank Lane, Fort Monroe, VA. The pastor is also the Pastor at the St. Joseph Catholic Church in Buckroe. The Bookkeeper/Administrator can be reached at the number stated above.

- Mass is currently held:
- Saturday - 5:30 pm
  - Sunday - 9:30 am

➤ Women's Faith Group (Bible Study) meetings have resumed. Group meets every Wed, 0900 -1100 in Parish Hall.

## School Liaison Officer (788-4673)

➤ Schools back in full swing - al our children are back in schools. Primarily zoned schools, Phoebus HS, Spratley MS, and Bryan ES. No significant transportation problems.

➤ Adequate Yearly Progress/NCLB - Choice options available. Spratley and Bryan Accreditation denied.

➤ Information sharing with AF/Navy/Army counterparts. Joint operations increasing our influence in Hampton/Peninsula, Hampton Roads, and with the VA Department of Education.

➤ Partnering initiatives/opportunities to begin shortly.

## Thrift Shop (788-2566)

➤ Thrift Shop reopened from it's Summer break on 12 Sep. Regular schedule is Tuesday and Friday, 10 am - 2 pm.

- Thrift Shop Financial Summaries. Flyers provided.
- Year End Sales
  - Welfare Fund Distribution





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## Troops to Teachers, Old Dominion University (683-3327)

- Virginia Troops to Teachers (TTT)/Spouses to Teachers(STT). Flyer provided.
  - Department of Defense Program funded by Department of Education.
  - Program designed to provide opportunities for active duty military and their spouses, and military retirees to be retrained in education careers. Flyer provided.

## USO (788-4984)

- Greetings from retired Fleet Master Chief, President and Chief Executive Officer, USO of Hampton Roads.

- Military Appreciation Day at the Norfolk Zoo: Oct 15, all active duty military and their family will receive free admission to the zoo with a valid ID, from 10 am to 4 pm. There will be a free show, face painting and jumping balloons.

## Plans, Analysis and Integration (788-4057)

- Project Pride's Clean Sweep activity will be held on 19 Sep. Flyer provided.
- The next Monroe Information Meeting will be held on 11 Oct.
- As a security requirement, if you have not signed in, please do so before you leave.